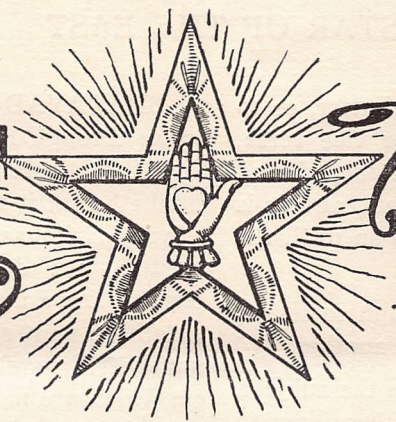


STAR OF THE EAST



A New Thought Journal issued monthly for the help of self and others by the practice of systematic concentration of mind; in Unity with the Universal Soul

Volume III

SEATTLE, WASH., NOVEMBER, 1907

Number 5

Edited by SISTER AVABAMIA (M. E. STEVENSON)
Managed by J. S. WARNER

Subscription, per year \$1.00
Postoffice Box 1340

Copyrighted 1907 by Sister Avabamia (formerly M. E. Stevenson)

THE DIVINE COMMANDMENT OF EVOLUTION AND ITS UNIVERSAL FULFILLMENT.

As soon as we become awakened to the truth that the Law of God is unchangeable so soon shall it become clear to us that what we see or do not see is bound under one and the same law, and that all in the whole Universe must follow its dictation.

What has taken place in the past we know little about, because those who try to inform us know so precious little themselves, and what shall take place in the future we cannot see because we have not developed the faculties by which we can discern things to come.

He who thinks that advancement belongs to one race and one or a few countries alone will shortly discover that he is mistaken, because he must wake up to the truth that the law of evolution governs all, both the white and brown-skinned races, and those who judge value from color alone show that they are unfamiliar with right and justice, and with the plans of Divine destiny.

We should not forget that there is no distinction between the races except in our minds, and as soon as we become awakened to justice we will find none. All races are one brotherhood, and the earth and what is upon it belongs to all, and the brown man has as much right to live as I and he is as entitled to what our mother earth bears as we are, and we owe one another the privilege to enjoy the blessings which she gives her children, and no one has the right to take away from the other that which is the means of his comfort and advancement.

If we were here for the purpose of eating and drinking only, then it would be justifiable for us (to some extent) to "hold on to what we have and let no one take it from us," but since we are on this plane for a higher purpose we must learn that

eating and drinking is only for the keeping of the body as long as we are using it and no more, and we will sooner or later realize that every soul is precious whether it uses a white or a brown body, and that every soul shall help to fill the great Universe as it is the great soul in it.

Since it is the law that everything in life must exchange in order to reach the plane for which we are destined, how can we be justified in keeping anything away from our brother, or how can we expect that we shall be allowed to sit in one place and grow in selfishness, condemning others and petting ourselves? Is the law being fulfilled by such? Can it be possible that we can much longer cause the oppression of those who are different from us, because they live under different conditions? If one or a few countries are entitled to freedom alone, how can the great plan of evolution be acted out? My friends, when we wake up then we shall see that the Occident has been sleeping and dreaming of "peace and good will," but has failed to practice it, and this is the reason why we have called disturbance upon us, because we have lived as though we were to stay here forever. It is no injustice to us that our Oriental brothers come to our shores. They seek the freedom which we have enjoyed so long and do not appreciate, and the same resources which we have taken from them they ask from us, for there is no denying that the white man has invaded the countries of his brown brothers and taken advantage of them to such an extent that in many parts of the Orient thousands are starving to death while their countries give amply by which to support their children in comfort. When the Hindu comes to our country, as we have seen this summer, he presents the condition in which he is forced to live at home, and he is for sure a sad representative of a country so full of wisdom and light as India is, but he is not responsible for his condition, as his pale brother must to a large extent bear the responsibility for his want, but no matter if he looked worse, he is our brother and he has the Caucasian blood in his veins like ourselves, and when comparison is made from the standpoint of conscientiousness, then he stands far above us pale people, as the people of the Occident (a large portion of them) will sell their soul for money, but the Oriental will die rather than betray his belief.

Religion is the first and last with the Oriental, and under all conditions the advancement of his soul is uppermost with him, because he knows that there is nothing higher to live for.

STAR OF THE EAST

It is not the question of bread and butter, or so much of governments against people or vice versa, but it is the Law of God which must be obeyed, and that is the power back of all movements, and it is the power which will not cease, but go on until the whole has followed its mandates.

There is no unfoldment except through co-action, and as it is true in one way it is true in another.

Although there is much to say upon the subject, we do not mean to confine ourselves in these lines to the question of emigration, but we cannot help but see in it stronger proofs than ever of the purpose of evolution. Time is now at hand when our earth shall give forth that which she so faithfully has nourished in her bosom, and such birth will cause commotion in and above the water like there is under the water, because the newly-born comes to share with us that which by the Law of God belongs to it whether it be **beings** or **things**, and this shows to us that exchange is universal, and only through it can there be freedom.

Oceans and continents, mountains and valleys have passed, and given room for other oceans, mountains and valleys, in order to let the same sun play upon them by which they could work out their great schemes of exchange, and whether our modern continents are better than those of Atlantis there are differences of opinion, but be it as it may, by the constant giving and receiving our souls can more readily grasp the meaning of this material chaos through which our souls are passing today.

I am sorry for that class of my brethren who can see no other motive with our presence in these our bodies except eating and drinking, as they will awaken from their slumber to see that they have neglected to live so as to further the plans of the mighty spirit.

There is but one soul, and there is but one way for that soul to know and become known, and that is exchange in and of all things, and nothing is exempt from it; and we must first waken up to this truth and the next thing is to begin to learn charity. By that I do not mean that humiliating exchange which makes the recipients feel as though they were paupers, but that we must learn that we are all brothers no matter on what plane in life we are on, and that what we do to one another we do it to ourselves.

In order to realize the truth that all are one Universal Brotherhood, moved and inspired by the one Universal soul inate in all, we must lay aside caste and quality, as it is only in our mind, but reaches no further, as before the great God, the one unchangeable, one is like the other and the Law of Evolution knows of no distinction, but the idea which we bear in our minds that we are better than others becomes a stumbling block in our way to higher understanding.

There is not my country and your country in reality except in our own minds, as every country belongs to earth and all the earth belongs to all her children, independent of color and name.

The one Divine spirit has spoken, and speaks through all, that "I AM" spoke through Jesus when he said, "I AM A and O, the FIRST and the LAST."

BHAGAVAD-GITA tells us the same "I AM" spoke through Krisna and said, "The man who believeth that it is this spirit which killeth and he who thinketh that it may be destroyed are both alike deceived, as it has been and it is without birth, and meeteth not death; it is ancient, constant and eternal. As a man throweth away old garments and puteth on new, even so the dweller in the body having quitted its old mortal frames, entereth into others which are new." This shows us that we cannot die, but must live and take new garments, and it refers to all and makes no line between one or the other.

As this is the truth we will have to suffer and be in darkness until we learn and live it. Brotherliness in word and deed, and the life by such principles as we wish others should exercise towards us is the key to the freedom and happiness which we have never experienced before.

Let us be kind to all things, and loving to all our brothers, and try to lift one the other higher before the sun of our opportunities sets.

Let us bear in mind always that the same commandments are for all and the same purpose all must work out, the same unfoldment is compulsory to all from a spiritual and eternal standpoint, and let us lift our eyes higher than earth and see that the great span of life is being moved onward by the Divine oneness to the fulfillment of its "Karma."

TEMPLE COMMUNION.

This lesson will not become attractive to those of our students who have not as yet awakened to the real experience of the meaning of Temple Communion as it will be to others who know that the great Universal soul illuminates man in such moments as we are one with the infinite.

Beloved, you must understand that the experience in buying and selling is not the same as it is to live in the soul; to realize it one must know that life has its greater purpose.

If we make matter our master we will not know ourselves and until we know ourselves we cannot understand why we are here and the great purpose with our being. How could this be the only and all? How could it be that we should come to this plane and deal with the delusion without penetrating it and finding underneath the substantial which is the self? If we are a greater self than we have understood up to this time, how can we afford to neglect finding out this secret for the handling of unconscious matter, merely for the sake of what it brings to the external? A wise man looks into his own heart in order to find there the responsive chord upon which the great Divine soul plays, and in order to recognize its vibrations we must be by ourselves in surrender to the spirit. People hear my voice when I warn thee, do not neglect your duty to your soul and to the great unbroken tomorrow.

STAR OF THE EAST

The temple is within adorned with all the power needed to send forth the light to others, and it is there we are in communion with every Master and God in life, and by surrender in purity and meekness to those we become taught what the Self is and its great purpose with life.

I must advise more silence, more devotion, more sincerity, greater desire to live in the real, for all that which the outer senses hold as real is but the surface and, like a soapbubble, it disappears, and we cannot be enlightened by it, but having placed our hope in it we remain in darkness. I do not wish to deal with any book in this lesson, but my object with it is to quicken the mind to the realization of the need of higher life and more realization of the soul the real.

The method which we have prescribed is but for the help of the mind to more readily grasp the full meaning of the power which they represent, but we must understand independent of them that it is a personal evolution and cannot be brought to us by any other means than our own giving up of ourselves to the life and its power.

If the figures which have so much in themselves (because they mean so much) make you mechanical, then lay them aside and go in by yourself and live the life and know that God is your prompter and that He must be manifested in you.

This is temple communion, and the altar is to attract the mind that the heart is the altar upon which we must lay all that aside which holds us tied so that we cannot see the great light hidden there.

The world is satisfied to live on the surface, and thus its mentalities are a hindrance to its salvation, because the letter has been consulted from the motive of vanity, and the intellectual has thickened the senses and flatters them with what they know, but life and its true knowledge is not there and that is the reason why its pleasures are so empty.

Go in the Temple and pray to the High Priest the higher consciousness until the light from within begins to shine on you to show you the right path. Pray for the power of your soul to teach you charity and unselfishness, and know that as you do to your brother so you do to yourself, and you shall reap whatsoever you have sown in the everlasting day. Do not forget that all and everything is your brother, and also remember that your cause and his cause are one and God has set His seal upon that law. "Silence gives strength," and the Angel of Wisdom is in the Temple of Devotion, and there and nowhere else will the problems of the inner life be solved. Pray and **be still** and know that earnest prayers are answered because they are the Com-

munion in the Temple and the meditations upon the one great and Divine self which is the Universe and everything in it. We meet in Temple Communion Monday and Wednesday, between 5 and 7 A. M.; evenings between 9 and 10. We can commune every day if desired.

LESSON IN CONCENTRATION.

It should not be forgotten that concentration is the training of the senses to better regulate the thinking faculty by which we can hold our thoughts where we wish them instead of them running away with us.

When we can think orderly we shall have the very best around us because we will then understand to attract to us that which is most beneficial for us and be in peace, whereas we now think (unconsciously) of such things as make life more strugglesome and we attract it into our lives and it makes us suffer more than we would need to do if we understood. We draw confusion to us and it is the cause of our sufferings, and it holds us confined to it and freedom becomes foreign to us. Freedom is the key to life, and it opens the door to its secrets and our whole development hangs on it. No one can understand until he is free, no one can act as the soul dictates until he is free, and it is important to us to begin to free ourselves from all the bondages which hold us in order that we might go further and grow more individualized and the strength of such individuality shall carry us through all passes.

Concentration is dependent upon the exercise of our WILL. We must exercise and use our WILL power, otherwise we stay in the same conditions as we are now. We must not only concentrate upon the WILL, but we must set the concentration into action and practice the WILL upon all things with which we come in contact.

We will concentrate for freedom, during this month, not only freedom, but tolerance in unity with it, and I am anxious to have it understood that unless we try to practice it we will not see the effect of our concentration. We will develop great WILL power if the concentration is practiced in the right way; that means in our daily life towards every

STAR OF THE EAST

thing and every body, and kindness and tolerance must go with the practice, otherwise we attract to us the lower vibrations which will retard the growth which we work for. This time we will try and think of Freedom, Tolerance and Kindness three times a day—morning, noon, night—at the most convenient hours when we are alone.

Let us be together in this concentration and if we practice it in earnest we will see great advancement and find that we can treat others with the sympathy which they need, even though we do not wish to mingle with them in our daily affairs.

Let us take for the foundation of this month's concentration the Psalm of David No. 100 and let us read it in the morning and think of it at noon and before we retire to bed, and it will make us feel free, yes, gloriously free.

Let us not read this as a lesson which is mechanically learned, as then it will not bring the power it otherwise will, but let us read it with the intensity of desire for the freedom of which it speaks.

Let us meet in the morning especially and in humbleness attract to us the power which shall help us to live holy all the day.

The power we ask for we have within us; let us bring it out in expression. This lesson will be practiced for thirty days. Do not forget to be with us. Freedom is the portal through which the Self passes to its Illumination.

SOME EXPRESSIONS USED BY THE DIFFERENT MASTERS REGARDING FREEDOM AND CHARITY.

"True wisdom of a spiritual kind is freedom from self-esteem."—**Krisna.**

"Him who the SON make free is truly free."—**Jesus.**

"Him whose Eyes have been opened to the Supreme power of the Self, the Om, and lives in its light has become freed from the entanglements of delusion." (Earth).

"Hope is great, Faith is great, but greatest of all is Love."

"Deeds of sacrifice, of mortification and of charity are not to be abandoned, for they are proper to be performed, and are the purifiers of the soul."—**Krisna.**

"Gifts given out of place and season and to the unworthy without proper attention and scornfully are wholly bad and the nature of darkness."—**Krisna.**

THE MESSAGE OF PEACE.

To the Widow: Look within and thou wilt see that love is not to be showered upon one, but given to the Universe.

To the Orphans: Feel not forsaken because the soul within thee is thyself and it is in unity with all things and liveth in the great one soul thou couldst not be unprotected or left alone.

To the Sick: Recognize life's eternal youth within thyself and thy pain shall forever be gone.

To the Wanderer: Stop long enough to realize that thy soul is the wanderer who is out seeking for

knowledge and that by observing the various expressions thou wilt make thy Karma when thou understandeth its purpose with thee.

To the Seeker for Gold: Let the light of the day of opportunities tell thee that silver and gold are dust which the wind will blow out of thy hands when the great storm of dissolution cometh.

To the Haughty: When thou awaketh from thy slumber in self-esteem thou wilt know that pride is folly and belongs to darkness, but meekness is wisdom.

To the Doubter: Waste not thy time in doubts, but find thyself and thou wilt know the full truth.

To the Hypocrite: Thou seest not thyself, but the Eyes of God are upon thee and He knoweth thy heart.

To the Cruel: Tear not the flesh of thy brother until thou first hast experienced the burnings of wounds.

To the Quarrelsome: Speak thou not in anger, but let thy reason speak first unto thee.

To the Faultfinder: Analyze first thy own deeds before correcting others.

To the Miser: As we sow so we shall reap.

To the Backbiter: Control thy tongue, and thou wilt save thyself and thy fellowman from tears. "Silence is strength."

To the Frivolous: The world of fashion in which thou liveth is but the shadow of the real, but Wisdom is the light which shineth forever.

To the Friendless: To the faithful everything smiles and recognizes him as their own.

To the Generous: To give is a blessing (when it is done without looking for recognition) and it purifies the soul.

To the Comforter: Thy words cometh upon the winds of peace and thy soul will rejoice.

To the Peacemaker: To make peace is the gift of the gods, and thou shalt abide among them in glory.

To Him Who Haveth Faith in Himself: Rise thou my son and let thy light shine in the darkness, and the stumbling will pass by it into safety.

To the Joyful: Bring thou the glad tidings of joy as the dawn of the day of freedom has come and the children whom the night of tyranny has held shall be released.

To the Courageous: Falter not in the hour of trial, as thy cause is near its triumph.

To the Meek: Meekness is the gift of the fineness of soul, but let there not be purpose and individual courage wanting.

To Those Who Thirst for Knowledge: Be it known that life leads thee to the wellsprings of unfoldment where thou least expect, and do not look for knowledge after the pattern made by others, but sit at the feet of thy soul within and be still while thou art taught.

Beloved, let us all in each position where we have been placed be in communion with ourselves in the communion with all and recognize that we are here for the fulfillment of the great purpose of evolution and that today means the tomorrow and forever, but we will change form and place and go on and the more we work out here the more real shall be the wonderful beyond and soul shall help soul to realize that there was but one worker in the variety of expression to the same goal.

Those of our students whose subscription is up do not forget to subscribe at once and miss no numbers. Write to J. S. WARNER, Postoffice Box 1340, Seattle.